



## Alde Sandlings Benefice

Aldeburgh, St Peter & St Paul's Parish Church,  
Aldringham, St Andrew's Parish Church,  
Friston, St Mary's Parish Church  
Knodishall, St Lawrence's Parish Church

Rector: The Revd Sarah du Boulay  
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Tel: 01728 582213

The Revd Nichola Winter  
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The Revd Johanna Mabey  
Email: [rev.johannamabey@gmail.com](mailto:rev.johannamabey@gmail.com)

### Services in The Alde Sandlings Benefice – Sunday 21<sup>st</sup> June

Aldeburgh	8am	Holy Communion CW2	Prebendary Derek Johnson
	11am	Holy Communion	Revd Mary Brown
Aldringham	11am	Service of the Word	Revd Sarah du Boulay and Elders
Friston		NO SERVICE – OPEN GARDENS	
Knodishall	9.30am	Morning Praise	Led by Elder Ros Macallister

Dear friends,

Last weekend was a wonderful celebration in the benefice.

Aldringham hosted a Flower Festival which commemorated saints from Christopher to Veronica and including the patron saints of our own benefice. You can see pictures of the beautiful displays later in this newsletter. The team worked so hard and we welcomed a lot of visitors into church – many of whom aren't regular attendees, so the weekend was a great missional success. We also made over £1,600 which goes straight into church funds to keep all running smoothly and well.

And Aldeburgh welcomed well over 250 people on Sunday morning for the annual Aldeburgh Festival Service, where we teamed up with Britten Pears Arts for a morning of worship, prayer and music. This year our very own Bishop Sandy Millar preached (again, his sermon can be found in this newsletter). It was a joyful and spirit-filled service and is always such a privilege to be involved with.

I love it when our community is involved in church events and we are able to welcome them into the beautiful buildings of which we are stewards. When we get to model our faith, Christian love and hospitality, and hopefully share Good News of the Kingdom in a very real and attractive way.

So a huge 'Well Done' to teams at both churches and thank you so much for all your hard work!

This weekend is Friston's turn to do the same as we host Open Gardens – do pop along on Sunday as it is always a really fun and inspiring event. The following Friday Knodishall are running one of Pat and Mary's famous quiz nights which are absolute riots (in the best possible way), so contact Pat now to secure your team table.

Exciting times abound!

With prayers as always

Sarah

## **Readings for Sunday 21<sup>st</sup> June 2026**

### **Collect**

Almighty God,  
you have broken the tyranny of sin  
and have sent the Spirit of your Son into our hearts  
whereby we call you Father:  
give us grace to dedicate our freedom to your service,  
that we and all creation may be brought  
to the glorious liberty of the children of God;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### **Genesis 21:8-21**

8 The child grew, and was weaned; and Abraham made a great feast on the day that Isaac was weaned. <sup>9</sup>But Sarah saw the son of Hagar the Egyptian, whom she had borne to Abraham, playing with her son Isaac. <sup>10</sup>So she said to Abraham, 'Cast out this slave woman with her son; for the son of this slave woman shall not inherit along with my son Isaac.' <sup>11</sup>The matter was very distressing to Abraham on account of his son. <sup>12</sup>But God said to Abraham, 'Do not be distressed because of the boy and because of your slave woman; whatever Sarah says to you, do as she tells you, for it is through Isaac that offspring shall be named after you. <sup>13</sup>As for the son of the slave woman, I will make a nation of him also, because he is your offspring.' <sup>14</sup>So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with

the child, and sent her away. And she departed, and wandered about in the wilderness of Beer-sheba.

15 When the water in the skin was gone, she cast the child under one of the bushes. <sup>16</sup>Then she went and sat down opposite him a good way off, about the distance of a bowshot; for she said, 'Do not let me look on the death of the child.' And as she sat opposite him, she lifted up her voice and wept. <sup>17</sup>And God heard the voice of the boy; and the angel of God called to Hagar from heaven, and said to her, 'What troubles you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is. <sup>18</sup>Come, lift up the boy and hold him fast with your hand, for I will make a great nation of him.' <sup>19</sup>Then God opened her eyes, and she saw a well of water. She went, and filled the skin with water, and gave the boy a drink.

20 God was with the boy, and he grew up; he lived in the wilderness, and became an expert with the bow. <sup>21</sup>He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt.

### **Romans 6:1b – 11**

6 Should we continue in sin in order that grace may abound? <sup>2</sup>By no means! How can we who died to sin go on living in it? <sup>3</sup>Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? <sup>4</sup>Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

5 For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. <sup>6</sup>We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. <sup>7</sup>For whoever has died is freed from sin. <sup>8</sup>But if we have died with Christ, we believe that we will also live with him. <sup>9</sup>We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. <sup>10</sup>The death he died, he died to sin, once for all; but the life he lives, he lives to God. <sup>11</sup>So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

### **Matthew 10:24-39**

24 Jesus said to the twelve, 'A disciple is not above the teacher, nor a slave above the master; <sup>25</sup>it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

26 'So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. <sup>27</sup>What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. <sup>28</sup>Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. <sup>29</sup>Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. <sup>30</sup>And even the hairs of your head are all counted. <sup>31</sup>So do not be afraid; you are of more value than many sparrows.

32 'Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; <sup>33</sup>but whoever denies me before others, I also will deny before my Father in heaven.

34 'Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

<sup>35</sup> For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law;

<sup>36</sup> and one's foes will be members of one's own household.

<sup>37</sup>Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; <sup>38</sup>and whoever does not take up the cross and follow me is not worthy of me. <sup>39</sup>Those who find their life will lose it, and those who lose their life for my sake will find it.'

### † Church of England and Diocese Online Worship †

There are many online services you can view from the Church of England and our cathedral. Here are some links below.

Church of England website

<https://www.churchofengland.org/prayer-and-worship/church-online/weekly-online-services>

Church of England Facebook page

<https://www.facebook.com/thechurchofengland/>

Church of England YouTube channel

<https://www.youtube.com/channel/UCLeck8GovYoaYzIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

## † Home Visits †

Not everyone can get to church as they were once able to, due to an illness reduced mobility. We fully understand that this can be incredibly isolating for some. If you, or you know of someone that would like a home visit from one of our Elders, please do let us know. Or if you would like home communion, please do let a member of clergy know. Please contact them directly or email [aldesandlingsbenefice@outlook.com](mailto:aldesandlingsbenefice@outlook.com) and we will do our utmost to arrange a visit.

Aldeburgh Festival Service  
Sunday 14<sup>th</sup> June 2026

John 10: 7-10

Therefore, Jesus said again, "I tell you the truth, I am the gate for the sheep. All who ever came before me were thieves and robbers, but the sheep didn't listen to them. I am the gate; whoever enters through me will be saved. He will come in and go out and find pasture. **The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.**

*A thief is only there to steal and kill and destroy. I came so they can have real and eternal life, more and better life than they ever dreamed of.*

Bishop Richard Hare told me some years ago that they were having a celebration in York Minster...the place was packed and they were processing in with a song that was very popular at the time..."Our God Reigns"...but to his horror he saw on the Order of Service the misprint "Our God resigns." I am so grateful to be able to tell you...HE HAS NOT! And we are here to give Him glory as we look in two directions at the beginning of this the 77<sup>th</sup> Aldeburgh Festival.

First of all...We look back...with thanksgiving to God. This year we remember the 50<sup>th</sup> anniversary of the death of Benjamin Britten who, with Peter Pears, Imogen Holst, Eric Crozier and others ... founded the Festival and fostered the friendship with Aldeburgh of so many international figures from the music world at the time...Mstislav, Rostropovich, Galina Vishnevskaya, Slava Richter, Dimitri Shostakovich to name but a few. I suppose I particularly remember Shostakovich as I got his autograph. He died the year before Britten.

There is so much that we could say. Britten himself said on one occasion “I am coming to feel more and more that all my music must be written to the glory of God...” A true recognition of the intimate connection that exists between music and God...not just at certain spine-shivering musical moments. And when, as Britten’s life was drawing to a close, Bishop Leslie Brown brought Holy Communion to his bedside at the Red House here in Aldeburgh, after reciting the service from the Book of Common Prayer, he asked him “Is all well Ben?” Britten replied “How could all not be well with those wonderful words ringing in my ears?” We give thanks for the wonders of music...and the promise of Jesus.... **I have come that they may have life, and have it to the full.**

I remember Michael Mayne writing about the Mozart Clarinet Concerto saying..”to listen to the adagio of the Clarinet concerto, for example, is to perceive something wholly other: the sound of an infinite which transcends us and for which “beauty” is no description...to describe such experience and revelation of transcendence religious language still needs the word ‘God’”. Indeed, music is the language of heaven.

I remember a fascinating interview on television of the Swiss theologian Karl Barth. They got on to the subject of angels and what they sing. He said with a smile “Whether the angels play only Bach praising God I am not quite sure. I am sure however that *en famille* they play Mozart. Later, at the end of his i/v the last question was...if you were asked to sum up the whole of your theology... (bear in mind that over his lifetime he wrote a great number of quite heavy theological tomes) what would you say...? His reply... “Jesus loves me, this I know..for the Bible tells me so.”

There is a fascinating story in the Old Testament which I often come back to...2 Kings 3:15.....per Elisha, faced with a crisis and asked for wise advice said... “But now bring me a harpist (musician).” And when the musician played, the hand of the LORD came upon him.' ....and he began to prophesy. ('musician' in the ESV - its 'harpist' in the NIV)

King David had a similar effect on King Saul when he was suffering and of course many of you as musicians will know ( I certainly do) of the soothing effect that sensitively played music can have in the face of crises in life.

Many of you may know the musicians who play together under the name Epiphany...some may be here? ..they are classically trained musicians at the highest level but also, more importantly, or as importantly, followers of Jesus at the deepest level bringing healing and the hunger for the reality of God’s love that music and art can bring ...in ways that words cannot.

In 1741 George Fredrich Handel had suffered a stroke. He had a paralysed right arm, blurred vision, he was not in good health, his sight was deteriorating, work had dried up. He was asked to set some bits of the Bible to music, and he composed the music for *The Messiah* – the whole thing in twenty-four days, 260 pages of sheet music. And of the *Hallelujah Chorus*, he said: ‘I did think I saw heaven open, and I saw the very face of God.’

His biographer wrote this: ‘Handel’s *Messiah* has probably done more to convince thousands that there is a God than all the theological texts ever written, and perhaps the works of no other composer so largely contributed to the relief of human suffering.’

Music: where heaven and earth meet. Music and the church go together because music and God go together.

We look back ...with great gratitude for all that has gone before with the Britten /Pears partnership, the English Chamber Orchestra as the resident orchestra for many years ...certainly from 1961 - 1982...

I don’t know if any of you remember Ose Luis Garcia who was leader of the ECO for a number of years..he used to tell me of the time he was rehearsing in the Maltings and at lunchtime he locked his Stradivarius in his room before going off to lunch As he got into his car he just thought...”I think I’ll bring my violin with me” ...and when he got back from lunch the whole of the Maltings was on fire. He was always convinced that that was God ...

indeed, the very last concert that Britten conducted was with the ECO in the Snape Maltings on 19<sup>th</sup> June, 1972.... but all the other ways too in which their influence brought hope to so many.

But secondly, we also look forward.... Aldeburgh Festival.... a place where music is made in full view of its past and its future; where composers, performers and audiences meet in the “holy triangle” Britten believed was essential to artistic life: .... the care, curiosity and exacting standards that Britten and Pears set ...

In 1956 while Britten was touring in Japan he went to a play in the Noh Theatre and was deeply moved by the performance which he saw several times before he left...the deep solemnity, as he put it, and selflessness of the acting, the perfect shaping of the drama, coupled with the strength and universality of the stories are something which every artist can learn from. He came back intent on writing an opera inspired by his experience in Japan...in 1964 that opera was *Curlew River*, the first of the parables for Church performance.

The second of the Church parable operas was the *Burning Fiery Furnace* from the book of Daniel, premiered in 1966. Two years later came the

Prodigal Son and in June 1980 John Piper created the window on the North side of the Church as a memorial. In the bottom left hand corner it shows something of the character of the loving Father, patiently waiting and rejoicing in the return of the Son...we can almost hear him saying "come Home"...He is a Father...not a judge...longing for us to respond...the picture is based of course on the Rembrandt painting in the Hermitage in St Petersburg ....I hope we can all have an opportunity to study it before we leave here..it is a wonderful picture and shows something of the love and joy that God feels over the return of His son...the welcome and the joyful music that greeted his return.

**The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.**

As we cast our eyes round to the East window, we can see something of just how costly this reconciliation has been...the Cross ...and underneath... the empty Cross....and the figure of God the Father at the top who St Paul tells us was in Christ reconciling Himself to the world...to you and me.... He is alive...we see too in the altar cloth on the table a precious artistic reminder from Psalm 139 that...

If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast... Another reminder that wherever we go...God is there... and ..as we commit ourselves once again to the precious traditions of the Aldeburgh Festival ...and the years ahead ..... we pray that we may experience the truth that so many over the generations have discovered with great joy..... Music and art are truly the language of heaven through which God is so often speaking to us...to His glory.....it is really true.... He hasn't resigned!.

**Always wanted to sing?**

**Why not join Friston Community Choir!**

Held fortnightly on Wednesdays 6.00pm – 7.30pm

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session. For more info email

Briony Sones: [fristonvillage@gmail.com](mailto:fristonvillage@gmail.com)

**ALL WELCOME**



*with fun, food,  
spot prizes,  
raffle, etc.*

## **FUN QUIZ**

Come and have a fun evening at Knodishall Village Hall  
Friday 10 July - 7pm start  
£8 per person - Quiz teams maximum of 6 people  
With only four tables left,  
please phone Pat on 832653 to book your table  
Food provided ("Posh" Ploughmans) – but bring your own  
drinks!

In aid of Knodishall Church funds



# **Friston Open Gardens**

**Sunday 21st June  
11.30am - 5.30pm**

**Tickets £7.50 admit  
to all gardens  
(last sold 4. 15pm)**

**Please park on  
Village Green**

**Village Hall open  
for light lunches  
and refreshments**

**In aid of Church Funds**



**Save the Children**  
100 YEARS

## Lunchtime Classical Concert Series

Aldeburgh Parish Church

Monday 27 July 2026, 12 noon

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continues in 2026 with the welcome return of:

Masumi Ogura – Clarinet

Helen Stanley – Viola

Nadia Lasserson – Piano.

Admission is free, with a retiring collection in support of Save the Children.

**All are very welcome**

The Church of St Peter and St Paul, ALDEBURGH

**50<sup>th</sup>**  
ANNIVERSARY  
OF THE FRIDAY MARKETS!

**FRIDAY MARKETS**

*in August 2026*

7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> August  
**10-12pm**  
in the CHURCH HALL - IP15 5EA

Plants - Flowers - Fruit & Vegetables  
Jams & Chutneys - Cakes & Savouries

Bric-a-Brac  
Toys & Games - Household Items  
Jewellery - Paintings  
Scarves & Fancy Goods - Tombola

Tea, Coffee & Refreshments Served

**ALL MOST WELCOME**  
Cash only please!

A great morning out for everyone!

FRESH LOCAL LOVELY!

Homemade with love

## **£££ Ways to donate to our churches within the £££**

### **Alde Sandlings Benefice**

Your donations REALLY mean so much to us. If you would like to donate, please click on the link below.

No matter how small your donation is, it helps us keep our doors open, support our ministry and mission, and to help preserve our church buildings. THANK YOU SO MUCH

Just click on the link to support any of our churches -

<https://www.aldeburghparishchurch.org.uk/ways-to-donate-to-the-churches-within-the-alde-sandlings-benefice/>

### **Food Banks at the East of England Co-op**

Foodbanks provide a valuable service to those in need in our communities.

The Aldeburgh & Leiston Co-op supermarkets are doing a grand job in collecting food donations, which are collected regularly and distributed.

So please look out for the various collection baskets.

<https://www.eastofengland.coop/community/foodpoverty/foodbank-support>

### **† Pilgrims Together †**

#### **Pilgrims Online Wednesdays**

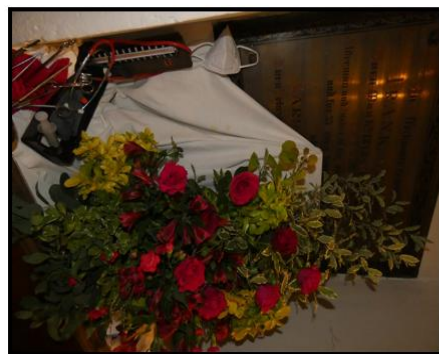
Wednesday Gathering to Worship, Reflect and Pray

6.30pm (open from 6.10) - Zoom link

<https://us02web.zoom.us/j/376110700?pwd=Q0Q3TUNya08zVGNoUkl2aUc5a0hVZz09>

**All are welcome to any of the Pilgrim's events**

St Andrew's Church Flower Festival.  
Spectacular floral tributes to the Saints.



Photos by Joy Marsh.

## **The Alde Sandlings, Dates for your Diary**

- Morning Prayer throughout The Alde Sandlings Benefice weekly at 9am.  
Aldeburgh – Every Monday, Wednesday and Friday.  
Aldringham – Every Thursday.  
Friston – Every Monday.  
Knodishall\_– Every Tuesday.
- Evensong – Aldeburgh – First Sunday of the month at 6pm
- 21<sup>st</sup> June – Friston Open Gardens
- 28<sup>th</sup> June – Holy Communion Patronal Festival at Aldeburgh Parish Church at 11am
- 28<sup>th</sup> June – Aldeburgh Churches Joint Service at Aldeburgh Parish Church at 6pm
- 10<sup>th</sup> July – Fun Quiz in aid of Knodishall Church funds at Knodishall Village Hall at 7pm
- 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> August - Friday Markets at Aldeburgh Parish Church – 50<sup>th</sup> Anniversary!

### **Safeguarding at The Alde Sandlings Benefice**

The care and protection of children, young people and adults involved in church activities is the responsibility of everyone who participates in the life of the Church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary, report the matter to the Local Authority Social Care Services or the Police without delay.

The Alde Sandlings Safeguarding Officer: Mrs Fran Smith-  
safeguarding.aldesandlings@outlook.com

***You have been sent this newsletter as you requested to be included in the weekly distribution. If you ever wish to stop receiving the newsletter, please do email [aldesandlingsbenefice@outlook.com](mailto:aldesandlingsbenefice@outlook.com)***